ABSTRACT OF THE INVENTION

A book binding apparatus for binding a stack of sheets, including a cover element having a first cover section that corresponds to the dimensions of the sheets and a first section of pressure sensitive adhesive and an associated release liner disposed along a first edge of the first cover section. A flap member is attached to the first cover section and is movable between a closed position disposed over the first pressure sensitive adhesive layer and an open position moved away from the layer. A second adhesive layer and associated release liner is disposed on an inner surface of the flap member. The binding apparatus may be used in combination with second cover section and associated binder spine element having heat activated adhesive to bind the stack of sheets. The spine element is folded around the edge of the stack to be bound and is secured in place by the first section of pressure sensitive adhesive. The flap member is the secured in the closed position by the second adhesive layer, with heat then being applied to the spine element so that the edge of the stack will be bound by the heated adhesive.